

Wild Wood Activities

Level 2 Forest School Assistant Award (accredited by NCFE)



Candidate Information Pack

Name: _____
Centre Number: <u>8461573</u> _____
Course Code: _____
Trainer/ assessor: _____

This Candidate Information Pack describes the course, elements and the award you are about to undertake and the way that it is structured. You have been accepted onto the course due to our belief in your ability to attend all aspects of the training and assessment and complete all the award units (further information is in this handbook). Once you have completed all the elements, you will receive a certificate for the Level 2 Forest School Practitioner Award. The certificate will have both the NCFE and Wild Wood Activities logo. This Information pack can be kept in your portfolio for you to refer to when you need to. Wild Wood Activities wishes you the best of luck in participating in this award. If you have any problems at any stage during the training, assessment and consolidation period, please do contact us.

Candidate Induction Pack Contents

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The Award:

This award will provide you with the skills and the national qualification you need to assist practical, fun and safe Forest School sessions in the woods and in your local green spaces. It is designed for those who would like to qualify as Forest School assistants and assist a qualified Level 3 Forest School practitioner. It aims to develop your skills, competence and confidence in delivering outdoor learning and, as such, we require that you not only **assist a qualified Forest School practitioner for 3 sessions**, but that you also **plan and deliver 3 outdoor learning sessions** in your setting grounds to complete the award.

The award is split into **three mandatory units** all of which are intrinsic to Forest School. The award assessment is through practical demonstration, observation and portfolio work. This award is appropriate for anyone who works with children, adults and young people and would like to provide them with positive outdoor experiences to boost their:

- Confidence
- Self esteem
- Self awareness
- Desire to learn
- Gross motor skills
- Environmental awareness
- Team work skills
- Safety awareness

What are the requirements?

- You must be over 18 with experience of working with children and young people.
- You must be of a reasonable physical fitness.
- You are required to have a 2 day first aid qualification either before training or to complete one before completing the qualification.
- You will need to be able to access a qualified Level 3 practitioner to help plan and deliver 3 Forest School sessions and be able to do your observations
- You are also required to have access to a group (the same participants for each session) to run 3 outdoor learning sessions in your setting grounds.
- You are asked to keep to the deadlines set for your course.

The Scope of the Award (for more in depth information, please refer to pp6-9):

From den building to fire lighting to storytelling, you will be exploring a kaleidoscope of activities which the outdoors, with the right knowledge and safety awareness, has to offer. The three mandatory units:

1. Forest School Knowledge and Safety
2. Woodland Skills to Support a Level 3 Forest School Practitioner
3. Forest School Theory and Practice

Award Elements (incorporated into the 3 units)	Assessment
• Health and safety	Workbook
• Basic woodland ecology	Workbook and practical demonstration
• Forest School site development	Workbook
• Risk assessment and management	Workbook and practical demonstration
• Activity and craft ideas using natural resources	Workbook and practical demonstration
• Woodland skills including fire lighting, den building and tool use	Workbook and practical demonstration
• Supporting children's learning	Workbook and practical demonstration
• Assisting with the planning and delivery of 3 Forest School sessions	Workbook
• Planning and delivering 3 outdoor learning sessions using Forest School principles	Workbook

<ul style="list-style-type: none"> Observing and reflecting on child development and also your own development as a practitioner. 	Workbook
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PLEASE NOTE: This is a Level 2 Forest School Assistant Award and does not qualify you as a Forest School Practitioner.

The Structure of the Award:

1. The Training:

This content of this course is delivered in 3 intensive training days, the training day is **9am-5pm**. You will be in the woods for most if not all of the day.

2. Practical assessment:

A one day skills assessment. When you have passed this, you will then be able to **assist** a Level 3 Forest School Practitioner in their practical skills delivery during Forest School sessions. This will include assessment in fire lighting, tool use and shelter building. For the Level 2, this is assessed at a personal skills level as opposed to instruction level (ie. the Level 3 Forest School Practitioner Award). The assessment runs **9am-5pm**.

3. Forest School Sessions:

You are required to **assist a Level 3 Forest School practitioner** for three Forest School sessions. This will be evidenced in your workbook through your observation and evaluation of the sessions. Please schedule these sessions to give you enough time to complete your workbook before the due date.

4. Outdoor learning sessions:

You are required to plan, implement and evaluate **three outdoor learning sessions** incorporating ideas learnt and developed during the training with a group of learners at your setting. You will reflect on this through completing a **reflective journal**.

5. Workbook:

You are required to complete and hand in a workbook for this course both as evidence of your understanding, but more importantly as a reference for you in your Forest School career. You will receive support during the training to begin completing the workbook. You will then have a consolidation period in which to complete all the elements including delivering your outdoor learning sessions. You are encouraged to complete as much as your workbook as possible electronically. This will be explained during the training.

N.B. To qualify you will need an up to date first aid qualification which is a minimum of 16 hours - ideally with an outdoor and/or paediatric element. You do not need this qualification to begin training (although you need to provide evidence of booking a course), but you will need it **before** you begin delivering your sessions.

For a summary, see the table below:

Training	Practical Skills assessment	Outdoor learning session leadership	Assistant assessment	Workbook
3 days Intensive training in various aspects of Forest School.	1 day To assess your personal skills competence and ability to assist.	Plan and deliver three outdoor learning sessions TO THE SAME GROUP at your setting. Evidence in your workbook.	Assist at 3 Forest School sessions and evidence in your workbook	Workbooks can be posted on a USB stick to be assessed.

This equates to 32 guided learning hours and approximately 8 hours of time supporting a Forest School Leader. This award requires, on average, a further 30 hours of self-study time from the student. Relevant information, materials and other health and safety equipment will be provided during the training course.

Support

Wild Wood Activities will offer every possible support to enable you to complete the Award. The support offered is through the training and assessment as well as telephone and email support. Please note, it is important that you complete **all aspects of the award** in order to receive the qualification. If you do not do this within a year of completing the practical skills assessment, Wild Wood Activities reserves the right to request that you attend another training course. You will be charged accordingly for this.

The Internal and External Verifier

After your work has been assessed, an internal verifier may confirm you're the assessment result. An external verifier, from the NCFE, may also sample assessments to ensure that your work has been assessed in accordance with NCFE's requirements.

Certification

Once you have completed and passed all elements of the Level 2 Forest School Assistant Award as well as gained your First Aid qualification, you will be awarded the Level 2 Forest School Assistant Award (accredited by NCFE) and will be able to assist Forest School sessions. Once your workbook is assessed to be complete either with or without internal or external verification, Wild Wood Activities will return a signed *Certificate Claim Form* to NCFE. Your certificate will be despatched to Wild Wood Activities within 15 working days of receipt of this form.

Appeals and enquiries about results and Complaints

Should you be concerned regarding any aspect of your award results, please contact Wild Wood Activities in the first instance and we will endeavour to assist and support you. If you have a complaint about the way your work has been assessed, or the support you have been given, you must raise the issues through our appeals or grievance policy (your trainer should be able to give you a copy of this). If you and your trainer think that the comments of the External Moderator are very different from what you expected, your trainer can request that NCFE re-checks your work. This must take place within three months of the moderation decision. There is a charge for this service, which is refunded if the appeal is upheld and your result is changed. Please note that re-marking can result in a negative or positive result change and the re-checked mark will be used for your overall result. For more information your trainer will be able to provide you with a full copy of NCFE's *Appeals and Enquiries about Results Policy*, or you can download it from www.ncfe.org.uk.

Malpractice and Misconduct

NCFE will act upon reports of suspected or actual cases of malpractice or misconduct received from candidates and other parties about a centre's activities or centre personnel which may affect the integrity of the qualification(s) and quality assurance systems.

If Wild Wood Activities as an NCFE centre suspects you have been involved in malpractice or misconduct (eg. cheating) your certificate will not be issued during the course of the investigation. Plagiarism is considered as misconduct. If the case is proven you may have a part of your assessment disallowed or, in serious cases, your final results may be void. For more information your Tutor will be able to provide you with a full copy of NCFE's *Malpractice and Misconduct Policy*, or you can download it from www.ncfe.org.uk.

Equal Opportunities

Wild Wood Activities fully supports the principle of equal opportunities and opposes all unlawful or unfair discrimination on the grounds of ability, age, colour, culture, disability, domestic circumstances, employment status, gender, marital status, nationality, political orientation, racial origin, religious beliefs, sexual orientation and social background.

Wild Wood Activities aims to ensure that equality of opportunity is promoted and that unlawful or unfair discrimination, whether direct or indirect, is eliminated both in its own employment practices, and in access to its qualifications.

Wild Wood Activities is committed to providing an inclusive learning environment and to adhere to its Equal Opportunities policy. Should you wish to receive a copy of this policy, please contact us at info@wildwoodactivities.co.uk.

Data Protection

Wild Wood Activities is registered under the Data Protection Act and committed to maintaining the highest possible standards when handling personal information.

Wild Wood Activities

Level 2 Forest School Assistant Award: Units, learning outcomes and assessment criteria

Learning Outcome		Assessment Criteria- what you need to do	Additional Information- what the assessor and moderator will find in your portfolio
1.1	Research the development of Forest School in the UK	<p>You are required to write a written piece of evidence detailing how:</p> <ul style="list-style-type: none"> • How Forest School arrived in the UK • How Forest School training developed in the UK • The involvement of UK organisations in Forest School 	Written piece, min. 200words
1.2	State the ethos of Forest School and how programmes usually run	<p>You are required to write a written piece of evidence which will include details of:</p> <ul style="list-style-type: none"> • Child initiated, play-based learning run by trained and qualified leaders • Happens over time, min. 6 week programme, allowing repetition and deepening the learning experience. Programmes have beginnings and endings eg. Celebration events • Woodland setting, facilitates risk taking • trust is central at Forest School • Forest school can involve the wider community such as parents and school governors. 	Written piece, min. 200words
2.1	Describe the role of the Forest School Practitioner	<p>You are required to complete a group discussion witness testimony which may include:</p> <ul style="list-style-type: none"> • FS practitioner is Trained and qualified to Level 3 • Responsible for: management of sessions, health and safety, policies and procedures • Responsible for site location and liasing with the site owner • Responsible for sessions and programme planning, implementation, evaluation • Responsible for leading skills based activities 	Completed Group discussion witness testimony

		<ul style="list-style-type: none"> • Responsible for recruiting and engaging helpers • Responsible for delegating tasks to helpers/ assistants • May also be responsible for in-house skills training 	
2.2	Describe the role of the Forest School assistant	<p>You are required to complete a group discussion witness testimony which may include:</p> <ul style="list-style-type: none"> • Trained and qualified to Level 2 Forest school Assistant Award • Support the qualified Level 3 practitioner in: session planning and implementation, health and safety (including risk assessment), evaluation, group management. • Responsibility for personal care of group members and engaging group with alternative activities • Supporting skills- based sessions and engaging those who are not engaged by offering alternative activities. 	Completed Group discussion witness testimony
2.3	Describe how to support, include and value the helpers at a Forest School	<p>You are required to complete a group discussion witness testimony which may include:</p> <ul style="list-style-type: none"> • Offering an information session prior to Forest School, finding out information about skill sets of helpers and how to involve them • Delegation of tasks and responsibilities for the Forest School project. • Holding celebration events. • Offering training opportunities 	Completed Group discussion witness testimony
3.1	Identify the basic structures of a woodland	<p>You are required to draw/ include a diagram with the following layers clearly labelled: Canopy layer, shrub layer, field layer, ground layer</p>	This will be in the form of an annotated diagram and may include further written evidence.
3.2	Recognise living and deadwood	<p>You are required to complete the section in the workbook with photos and written responses:</p> <ul style="list-style-type: none"> • The candidate will differentiate between the two types • The candidate will describe where they can be found 	This will include photos of living and deadwood as well as descriptions Candidates are also assessed for this during the practical skills assessment (see Level 2 Forest School Assistant Award (NCFE

		<ul style="list-style-type: none"> The candidate will describe min. 2 characteristics of the 2 different types of wood, these may include: Living wood- flexible, uniform bark, attached to tree, green inner bark, fresh leaves visible Dead wood- can be found on woodland floor or attached to the tree, bark is not uniform and can be missing, breaks easily with a snap, can be crumbly. 	accredited) Practical Skills Assessment Sheet)
3.3	Identify five common woodland hazards	<p>You are required to provide a written piece of evidence with photos or diagrams of each hazard:</p> <p>The candidate will identify 5 common woodland hazards Candidate will include 5 from the following list: Dead wood, eye height branches, snapped branches, overhanging wood, leaning trees, poisonous fungi/ plants, stinging plants, ant nests, uneven ground, faeces</p>	Written piece min. 150 words Photos and/or diagrams of each hazard to be included
4.1	Complete a dynamic site risk assessment	<p>You are required to provide a COMPLETED dynamic site risk assessment suitable for completing before a Forest School session. This may be in the form of a ticklist which is signed and dated.</p> <p>It may include: evidence of vandalism, rubbish on site, safety of dens and shelters, condition of trees around main site, dog mess. You can use the proforma provided by Wild Wood Activities or use one devised for your outdoor learning sessions.</p>	Candidate will evidence this by completing a dynamic site risk assessment and including it in their portfolio. This must be a completed dynamic RA, not a blank proforma.
4.2	Complete and implement an outdoor site risk assessment	<p>You are required to complete and submit an outdoor site risk assessment. You will include: Identifying hazards Detailing risk including likelihood and severity and control measures for each identified hazard</p>	Candidate will evidence this by completing a site risk assessment and including it in their portfolio.
4.3	Complete a group risk assessment	<p>You are required to complete a group risk assessment. You will include: Information regarding the group:</p>	Candidate will evidence this by completing a group risk assessment and including it in their portfolio.

		<p>age, number, ability levels Identifying hazards Detail risk including likelihood and severity and control measures for each identified hazard Hazards may include: Using an outdoor area Excitable group, lack of awareness in the woods, group members getting disorientated/ lost, allergies</p>	
4.4	Complete and implement activity risk assessments for outdoor learning	<p>You are required to complete and submit activity risk assessments which cover your 3 outdoor learning sessions, these must also be referenced on your lesson plans. You will include: Identifying hazards Detail risk including likelihood and severity and control measures for each identified hazard Examples of Activity Risk Assessments candidates may include:</p> <ul style="list-style-type: none"> • Collecting natural materials • Shelter/den building • String and rope work • Blindfold activities • Activities involving leaving the ground • Trail activities • Eating and drinking on a Forest School site 	Candidate will evidence this by completing activity risk assessments which cover all their 3 outdoor learning sessions and including it in their portfolio. The risk assessments will be referenced on the session plans for their outdoor learning sessions.
4.5	Describe how weather can affect outdoor learning sessions	<p>You are required to complete a group discussion witness testimony which will include considerations for: Hot and cold weather, windy weather Candidate will include a weather risk assessment for their outdoor sessions Candidate may include details of the beaufort scale</p>	Completed Group discussion witness testimony Completed weather risk assessment

Unit 02: Woodland Skills to Support a Forest School Practitioner

The learner will know about woodland resources and use them sustainably
The learner will be able to take part in supporting sessions involving fire at a Forest School
The learner will be able to support group management around a fire

The learner will know how to erect safely a woodland shelter
 The learner will be able to take part in supporting safe tool use at Forest School

Learning outcomes		Assessment Criteria- what you need to do	Additional Information- what the assessor and moderator will find in your portfolio
1.1	Identify and name 5 broadleaf trees and 5 woodland plants during their growing phase	You are required to complete the section in the workbook to identify 5 broadleaf trees and 5 woodland plants as seen on training. The candidate will insert the completed test sheets from the assessment day.	Workbook completed with photos Test sheet completed during practical skills assessment will be inserted in the portfolio
1.2	Demonstrate a commitment to sustainability when using the woodland and its resources	You are required to complete a group discussion witness testimony which may include: Sensitivity towards harvesting resources in the woods leave no trace principles	Completed Group discussion witness testimony
1.3	Describe uses of dead and green wood at a Forest School	You are required to complete the section in the workbook to describe a minimum of two uses of each which will include photos, diagrams Uses may include: dead wood- fire wood, den building, making habitat piles Living wood- cooking sticks, weaving, making cordage	Candidate will detail this in their portfolio in the relevant section. Candidates are also assessed for this during the practical skills assessment (see Level 2 Forest School Assistant Award (NCFE accredited) Practical Skills Assessment Sheet)
2.1	State the components necessary for a fire to burn	You are required to correctly label the fire triangle to show that fire needs: Oxygen/ air Fuel heat	Candidates will annotate the fire triangle in the workbook. Candidates are also assessed for this during the practical skills assessment (see Level 2 Forest School Assistant Award (NCFE accredited) Practical Skills Assessment Sheet)
2.2	Safely light a fire and keep it burning	You are required to describe fire preparation, safety and safe fire area including: Using dry wood for fire and lighting the fire Prepping a fire area body positioning when cooking on a fire	Candidates will detail this in their workbook. They will include photos/ diagrams. Candidates are also assessed for this during the practical skills assessment (see Level 2 Forest School Assistant Award (NCFE accredited) Practical Skills Assessment Sheet)

2.3	Safely manage and extinguish a fire in the woods	<p>You are required to describe safe fire management, and extinguishing method. Please include photos and diagrams</p> <p>Candidate will discuss: safe addition of air into the fire, safe fire stance, safe movement around the fire, extinguishing the fire with a bucket of water, clearing of fire area.</p>	Candidates will detail this in their workbook. They will include photos/ diagrams. Candidates are also assessed for this during the practical skills assessment (see Level 2 Forest School Assistant Award (NCFE accredited) Practical Skills Assessment Sheet)
3.1	Support the Forest School leader in managing a group around the fire	<p>You are required to complete a group discussion witness testimony which may include:</p> <p>Risks and hazards, safe body positioning, and movement around a fire</p> <p>Candidate also produces a procedure for managing a group around a fire</p>	Completed GDWT and written procedure for group management around a fire included in the portfolio.
3.2	Support the Forest School leader in campfire cooking	<p>You are required to provide:</p> <p>General safe cooking procedures to include safe fire management, and extinguishing method</p> <p>Safe cooking for:</p> <ul style="list-style-type: none"> • marshmallow • bread • sausages in a pan • boiling water in a Kelly kettle 	This will be evidenced in the workbook with written pieces, photos and/or diagrams. Candidates are also assessed for this during the practical skills assessment (see Level 2 Forest School Assistant Award (NCFE accredited) Practical Skills Assessment Sheet)
4.1	Erect a tarpaulin using taught knots	<p>You are required to describe with photos and/or diagrams the Timber hitch and clove hitch as methods to attach tarpaulin.</p> <p>Candidate to clearly demonstrate safe tarpaulin erection.</p> <p>Candidate may include a dynamic risk assessment of the area where the tarpaulin is being used.</p>	This is evidenced in the workbook by written descriptions and photos. Candidates are also assessed for this during the practical skills assessment (see Level 2 Forest School Assistant Award (NCFE accredited) Practical Skills Assessment Sheet)
4.2	Demonstrate natural shelter building techniques	<p>You are required to clearly evidence and differentiate between: Lean to shelter and forked tipi</p> <p>Please include photos and (if useful) diagrams.</p> <p>Candidate to clearly demonstrate and describe in their workbook safe shelter erection.</p> <p>Candidate may include dynamic risk assessment of the area where the shelter is being used.</p>	This is evidenced in the workbook by Photos and diagrams. Candidates are also assessed for this during the practical skills assessment (see Level 2 Forest School Assistant Award (NCFE accredited) Practical Skills Assessment Sheet)
4.3	Describe the	You are required to complete a	Completed group discussion

	importance of safety in shelter building	group discussion witness testimony which may include: Location of shelter, selection of materials, making the shelter secure, use of the shelter	witness testimony
5.1	Identify and name common tools at a Forest School	You are required to insert photos and label/ name: Bowsaw, loppers, knife, palm drill, hand drill, peelers, bill hook	This will be evidenced in the workbook naming the tool and including a photo.
5.2	State and demonstrate safe methods for using tools at Forest School	You are required to produce general tool introduction safety talk You are required to identify the following tools and describe safe working methods: Bowsaw Loppers Knife Palm drill Hand drill Peelers, Billhook	Candidates will detail this in their workbook and include photos/ diagrams. Candidates are also assessed for this during the practical skills assessment (see Level 2 Forest School Assistant Award (NCFE accredited) Practical Skills Assessment Sheet)
5.3	Make three craft items using taught skills	You will evidence through written descriptions and photos making a: Woodland bench Woodland medallion Mallet Candidate will make one of these items again on assessment and be assessed for tool selection, resource selection, safe working methods	Written method/ description, photos, diagrams. Candidates will detail this in their workbook. Candidates are also assessed for this during the practical skills assessment (see Level 2 Forest School Assistant Award (NCFE accredited) Practical Skills Assessment Sheet)

Unit 3: Forest School Theory and Practice

The learner will be able to apply relevant learning and play theory at Forest School

The learner will understand the natural environment and its function as a play and learning resource

The learner will be able to construct, deliver and evaluate a short outdoor learning programme

The learner will be able to reflect on their own practice

Learning Outcomes		Assessment Criteria	Additional Information- what the assessor and moderator will find in your portfolio
1.1	Describe learning theory relevant for a Forest School	You are required to write a written piece of evidence detailing a minimum of 2 theories and discuss their relevance to FS: Theories may include- Kolb,	Written piece minimum 200 words evidenced in the workbook.

		Maslow, Bloom, VAK learning styles, experiential learning	
1.2	Describe play and behaviour theory relevant for a Forest School	You are required to write a written piece of evidence detailing a minimum of 2 theories and why they are relevant to Forest School . Theories may include: schema, sensory play, theory of loose parts, motivation, self esteem, Maslow	Written piece minimum 200 words evidenced in the workbook.
1.3	Describe group management techniques at a Forest school	You are required to choose and describe a minimum of two group management techniques used by the Forest School practitioner they observe.	Written piece minimum 200 words evidenced in the workbook.
1.4	Recognise the adult role of supporting play	You will respond to this assessment question: How can an adult support children's play? Response may include: role modelling, facilitating experiential learning, supporting adventurous experience	Written piece minimum 200 words evidenced in the workbook.
2.1	Evaluate the outdoors as a resource for games and activities	You are required to complete a group discussion witness testimony which will respond to the following question: What is useful/ not useful about the outdoors as a resource for games and activities?	Completed Group discussion witness testimony
2.2	Describe games a Forest School assistant can use to support a Forest School practitioner	You are required to describe a minimum of 3 games and give benefits for the learners. Candidates will describe a minimum of 2 activities which utilise natural resources. Can include photos, diagrams	This will be evidenced in the workbook.
2.3	Assist and observe three Forest School sessions (each session min. 1 hour in length)	You are required to provide: a brief description of the sessions, how you supported each session, what worked well, what could be improved. You will make reference to children's reactions/ feedback to the session. You will obtain a signature from the FS practitioner following each session.	Sessions should be minimum 1 hour duration Each observation must be signed by the Forest School practitioner and dated. Descriptions of each session will be found in the workbook.
3.1	Design an outdoor learning session plan as part of a 3	You are required to use the session plan proforma to plan each session. Include overall	Three Session plans to be found in the workbook, they must indicate the risk assessments

	session programme	programme aims, learning objectives, tutor and learner activities and resources. Ensure plans are dated. Ensure all plans clearly indicate the activity risk assessments relevant to the activities. These risk assessments MUST be in your portfolio (see unit 1 LO 4.4) Insert all three session plans into the workbook.	which cover the activities.
3.2	Organise and deliver three outdoor learning sessions with the same group of children	You are required to provide information regarding the group-group size, age, any needs/ requirements, ability levels etc. Include details here of the 3 children you have chosen to observe. Photos from the sessions (if they have permission)	This will be evidenced in the workbook.
3.3	Evaluate their outdoor learning sessions	You are required to evaluate each outdoor learning session including individual observations of the three children chosen to observe for the three sessions. Your evaluation of each session will include what went well, what could be improved and any recommendations.	Candidate can use an evaluation form already used at their setting or the proforma provided.
4.1	Write a reflective journal for their training and assessment	You are required to use the reflective journal proforma provided and complete after each training day. Insert the 4 reflective journals into your portfolio/ workbook.	This will be evidenced in the workbook.
4.2	Write 3 self evaluations for their outdoor learning sessions	You are required to provide a self evaluation following each outdoor learning session using the proforma provided. Please insert into your workbook.	This will be evidenced in the workbook.

Level 2 training kit suggestions:

The majority of activity equipment and kit will be provided by Wild Wood Activities. You are responsible for your personal kit.

Please be mindful that, for all of the training and assessment, you will be out in the woods all day and should be prepared for all weathers.

Below are our recommendations:

You will need to bring a camera and notebook to enable you to collect evidence for your workbook.

- Strong outdoor boots/ footwear
- Fleece
- Waterproof trousers
- Waterproof jacket/coat
- Strong trousers- preferably NOT jeans or track suit bottoms
- Hat (for sun or for warmth)
- Gloves and scarf
- Sun cream (especially if you have fair skin)
- Insect repellent
- FOOD: Lunch and snacks for the day
- At least half a litre of water
- Flask of hot drink (really good comforter!)
- Hand hygiene gel
- Other Sanitary requirements
- Camping/ folding chair (optional)

Additional extras:

- Wellies (woodland can be very wet)
- Spare socks (feet can get wet and cold)
- Spare fleece
- Thermal layers
- Folding chair (especially if you find it difficult to sit low to the ground)